

Let's get moving!

Please place a check mark in the box for each day that you complete one mile of exercise!

(Only 20 minutes of physical activity is approximately 1 mile)

JUNE

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			20	21	22	23
24	25	26	27	28	29	30

JULY

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

AUGUST

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

September

Sun	Mon	Tues	Weds	Thurs	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	

Name: _____

Email: _____

Phone: _____



Ends: September 21, 2012

Starts: June 20, 2012



2012 Summer Challenge Incentives

- **Visit the NH State Parks this summer.**

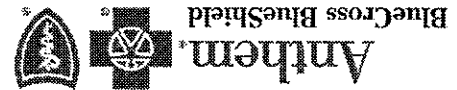
As a Challenge participant, you are eligible for free admission between June 20th and September 21st to any NH State Park for day use only (excludes the Flume, Tram, Hampton Beach, Wallis Sands, or camping) as long as you are visiting the park for your 1 mile Challenge activity. You must have your Challenge tracker with you at the time of admission as well as a valid NH driver's license. Youth participating in the Challenge are eligible for free admission if they have a tracker at time of admission and are accompanied by an adult. For a complete list of NH State Parks, visit www.nhstateparks.org.

Once you complete the challenge, submit a survey for a certificate of completion and for a chance to win awesome prizes!

Only 20 minutes of physical activity is approximately 1 mile.

Walk, Run, Bike, Kayak or MOVE, however you like...ONE MILE -A-DAY, EVERY DAY FOR 90-DAYS... and YOU WIN...the priceless gift of health and strength!

Get ready for the Governor's 90-Mile Summer Challenge today!



The 90-Mile Challenge!



Visit us at www.nh.gov/gcpah/